

BRUTAL PUMP

PUMP INTENSIFIER

- Nitrosigine®** BOOST NITRIC OXIDE
- HydroMax®** FOR NEXT-LEVEL HYDRATION
glycerol powder 65%
- PepForm®** FATIGUE FIGHTER PEPTIDES
- ACTINOS®** NITRIC OXIDE SYNTHASE PEPTIDE



250g
20
SERVES

PASSIONFRUIT
RASPBERRY LEMONADE
STRAWBERRY KIWI
HONEYDEW MELON

Brutal Pump Pre-workout is designed for those who need that skin splitting, muscle -swollen, totally pumped feeling as part of their anaerobic workout. A pump for many people is synonymous with growth and may actually experience increased strength in this hyper-pumped state.

It also works as a hydration supplement for endurance athletes, allowing for hyper-saturation of fluid to allow muscles to work longer.

Peptide based ingredients to help prevent fatigue have been selected over caffeine, which dehydrates and is counter-productive to a great pump.

Brutal Pump helps increase blood flow and blood volume to allow muscles to work harder for longer, and combats the mental feeling of fatigue, so athletes can push through tough workouts. Electrolytes support the hydration formulation and help prevent compromised performance caused by cramping.

Brutal Pump can also be used at any time of day for hydration if it's made up at half strength.

NUTRITION INFORMATION		
Servings per pack: 20		
Serving size: 12g		
	Per Serving	Per 100g
Energy	68 kJ 16 Cal	569 kJ 136 Cal
Protein	3 g	24.6 g
Fat – Total	0 g	0 g
– Saturated	0 g	0 g
Carbohydrates – Total	1 g	8.8 g
– Sugars	0.7 g	5.7 g
VASODILATION & PUMP		
Nitrosigine® (Inositol Stabilised Arginine Silicate)	750 mg	6250 mg
ActiNOS® (Nitric Oxide Synthase (NOS) activator)	25 mg	210 mg
HYDRATION		
HydroMax® (Glycerol powder 65%)	700 mg	5840 mg
Sodium	176 mg	1470 mg
Potassium	67 mg	560 mg
Magnesium	163 mg	1360 mg
PERFORMANCE		
Pepform® A- Fatigue Fighter Peptides	100 mg	835 mg
Kre-Alkalyn® (Creatine Monohydrate)	1000 mg	8330 mg
Taurine	60 mg	500 mg
Tyrosine*	335 mg	2800 mg
BioPerine® Black Pepper Extract (95% Piperine)	5 mg	42 mg
Branched Chain Amino Acids		
– L-Leucine*	780 mg	6480 mg
– L-Isoleucine*	510 mg	4300 mg
– L-Valine*	510 mg	4300 mg

EST No. 2330
APPROVED FOR SPORT



See website for other Flavours
*Honeydew Melon Flavour

BLOOD FLOW – VASODILATION AND PUMP

ActiNOS® – peptide which increases Nitric Oxide, leading to improved vascular tone, blood pressure management and muscle contraction.

Nitrosigine® – inositol stabilised arginine silicate. Highly bioavailable form of arginine & silicate. 4 x more effective at improving blood flow than Arginine HCl. Acts within 30 minutes and has effects for 3 hours, making it suitable for endurance and short-term exercise. After 14 days of use Nitric Oxide levels are raised, showing the positive long term effects of this supplement. Silicon helps connective tissue.

HYDRATION & PERFORMANCE

Hydromax® – stable glycerol –provides the hydration benefits of glycerol giving pumped muscles for performance and improved appearance. Endurance benefits of maintained hydration during exercise.

Electrolyte – Magnesium, Potassium & Sodium – Brutal Pump can be made up either Hypotonic, Isotonic or Hypertonic, depending on what sport you do and what you are using the product for. Make up rate will dictate osmolality of end product, but it will have the flexibility of being made up as required.

- Hypertonic when made up with less water to prepare for workout.
- Isotonic for preworkout, hydration, endurance etc made up with the directed amount of water
- Hypotonic for everyday hydration made up with 3 times the amount of water. It can be consumed throughout the day to beat 'mental on the job fatigue'.

Krealkalyn® – support muscle hydration without bloating and provide muscular performance and strength benefits of Krealkalyn®.

Pepform® Fatigue Fighter Peptides – essentially made up of Tyrosine, Phenylalanine, Leucine, Isoleucine and Valine that block serotonin reaching the brain and signalling fatigue. Pepform® provides a natural way to make your body work longer by not recognising it's tired. It does this without using caffeine, and is best taken about 30 mins prior to a workout.

Brutal Pump can be used with Brutal Energy or on its own. Suitable for endurance athletes as well as people doing shorter duration activities like weights.

